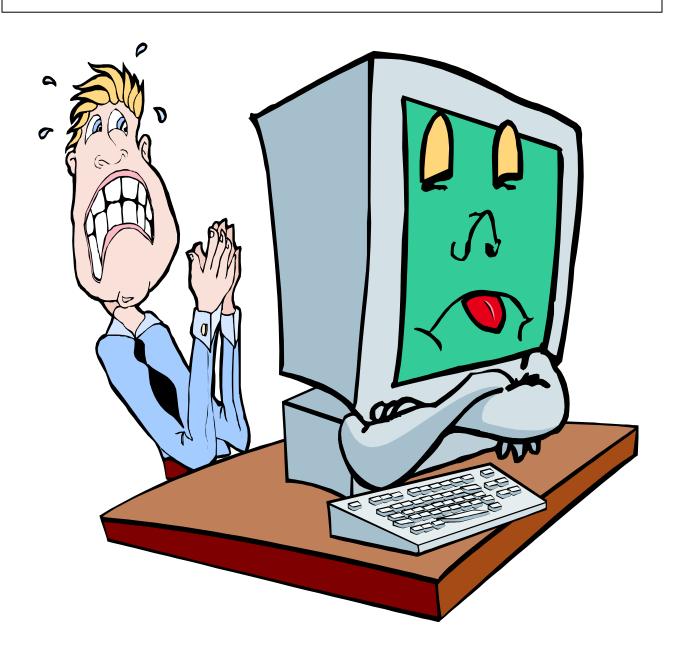
# "All Stressed Up and No One to Choke"



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### All Stressed Up and No One To Choke

Stress is: Learned

Unavoidable Necessary

Not always negative

Manageable

<u>Stressor:</u> Thoughts and Beliefs about Stressor – Response – Relax

↓ ↓ ↓ ↓
Types rational feelings irrational behavior rationalization

- ♦ Most often a reaction to CHANGE -- we PERCEIVE we cannot cope
- Change represents a challenge we must react then relax. We are so anxious to relax, we sometimes react in haste. Usually we react inadequately or inappropriately which results in feelings of HELPLESSNESS.
- Change is good for the soul, but it can be hell on the head and stomach.
- ♦ Stress can interfere with routines. If constant or ongoing it can cause anxiety, depression, and physical illness.
- Pressure from outside causing tension inside.
- Perceived inability to adequately cope with a particular demand.
- Adaptive response in which the body prepares or adjusts to a threatening situation.

#### **STAGES OF STRESS:**

<u>ALARM</u>: recognize stressor, prepare for fight or flight

RESISTANCE: repairs damage or remains alert

<u>EXHAUSTION</u>: continued alert, distress/disease, run out of energy

#### INDIVIDUAL BURN-OUT: IT'S SYMPTOMS AND REMEDIES

#### **SYMPTOMS**

Blaming others

Lots of complaining Low energy Boredom

Physical illness

Not seeing friends

Priorities out of whack

Feeling overwhelmed

Nonchemical speeding Denial of burn-out

Trouble sleeping

Feeling trapped

Fatigue Short fuse Chemical use

Decreased creativity

Nonproductivity, while busy

Inability to focus

Emotionally/physically down

Don't feel effective Lack of enthusiasm

#### **REMEDIES**

Ask for help

Look at your priorities

Choose to become burned out, and set a deadline point

Get in touch with your support group fast and start to get

beyond your own resistance

Take a week off

Do things that give you energy

Take a mental health break

Meditate

Check out your balance among alone time/ social time/ family time/work time

Have a retreat for fun Take a leave of absence

Ask for feedback about your use of chemicals.

Tell people you are feeling burned out and going to take

a "sabbatical."

Sleep

### ORGANIZATIONAL BURN-OUT: ITS SYMPTOMS AND REMEDIES

#### **SYMPTOMS**

Nonproductive, nervous

Energy on tasks Little energy on maintenance Blaming "outside" forces

**REMEDIES** 

Ask for help from one another Ask for help from an outsider Have a fun retreat Close down until the group Feels capable of reopening One person exhibits the symptoms of everyone else Nonproductive meetings Individuals start to ask for some Relief.

Build in more "downtime"
no late night meetings
no meal time meetings
Recognize that you all will
lose unless you get a hold
Recognize that the situation
is a systemic and needs a
major intervention

## **How to Get A Handle on Stress**

- Collect Good Will, Love and Support from Friends
- Respect yourself and others Be Your Own Person
- Change your routine Add Variety!
- Check Your Attitude Get off your own case!
- Take Care of Yourself Exercise Rest Eat Healthy